**NOTE: WE CAN MODIFY THIS FORM TO FIT YOUR SPECIFIC NEEDS**

Check List

**When a family member has done any of the tasks below to help conserve our environment, simply check off the appropriate box.**

**Once a total of 25 BOXES have been checked, fill-in your address information, then mail the form in an envelope to address below. We'll send the "Eco-Warrior" our exclusive "Planet Earth ENVIRON MEDAL" to commemorate their great achievement.**

**If more than one child has participated, please check how many medals should be sent.**

**Valiant Young Eco-Warriors... GO FOR IT!!**

## THINGS TO DO TO BECOME A CHAMPION OF A GREENER WORLD

***Please Check Boxes of Tasks Performed***

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Bring Trashless Lunches to school. Use Lunch Boxes instead of paper bags. Carry food in reusable containers and water bottles** | | | | | | | | | | | | | | | | | | |
| **Walk, ride your bike or scooter to school instead of driving.** | | | | | | | | | | | | | | | | | | |
| **Recycle batteries, cell phones and ink cartridges at school** | | | | | | | | | | | | | | | | | | |
| **Recycle cans, plastic bottles, newspaper and magazines** | | | | | | | | | | | | | | | | | | |
| **Bring your own bags when you go shopping** | | | | | | | | | | | | | | | | | | |
| **When buying only one or two items say, "No thanks, I don't need a bag."** | | | | | | | | | | | | | | | | | | |
| **Pick up trash around the neighborhood or at school** | | | | | | | | | | | | | | | | | | |
| **Turn off water while brushing your teeth** | | | | | | | | | | | | | | | | | | |
| **Use less hot water** | | | | | | | | | | | | | | | | | | |
| **Print on both sides of the paper** | | | | | | | | | | | | | | | | | | |
| **Use post-consumer recycled paper** | | | | | | | | | | | | | | | | | | |
| **Use scrap paper for notes** | | | | | | | | | | | | | | | | | | |
| **Turn off lights when leaving a room** | | | | | | | | | | | | | | | | | | |
| **Have your parent replace an incandescent light bulb with a compact fluorescent light bulb** | | | | | | | | | | | | | | | | | | |
| **Turn off the TV when not watching it** | | | | | | | | | | | | | | | | | | |
| **Set computer screen to go black instead of using screen saver** | | | | | | | | | | | | | | | | | | |
| **Turn off printer when not in use** | | | | | | | | | | | | | | | | | | |
| **Cut up plastic six-pack rings before throwing them out** | | | | | | | | | | | | | | | | | | |
| **Use rechargeable batteries** | | | | | | | | | | | | | | | | | | |
| **Use fans instead of air conditioners** | | | | | | | | | | | | | | | | | | |
| **Persuade your family, friends and neighbors to reduce, reuse and recycle** | | | | | | | | | | | | | | | | | | |
| ***ADD YOUR OWN*** | | | | | | | | | | | | | | | | | | |

Name: _____

Address: _____

City, St., Zip: _____

Number of Environ-Medals to be sent: _____

**SEND TO: MIMI AND JON TORP**
Coldwell Banker
11611 San Vicente Blvd. Lobby
Los Angeles, CA 90049

Questions: 310-979-3964

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